



## Frederick County Infants and Toddlers Program.

### From the Family Support Network Coordinator

It's hard to believe that the school year has come to an end. At the beginning of the year I was worrying about transitions. Our youngest, Brian was entering middle school and we wondered what it was going to be like. We had preconceived notions from previous experiences and yet I was determined to kept first in my mind that this was going to be a different experience, a positive one for Brian and for us as parents.

As I talk to the parents getting ready to transition out of Infants and Toddlers they wonder and worry about what the future will hold for their children. Is the preschool program I picked appropriate for my child? Will my child be toilet trained by Fall as it is required by the program? The thought of them going on a bus scares parents and they wonder what will their child do without them all morning or daylong. These are all natural concerns as I too wondered if my child would ever toilet train or would he be carrying pull-ups in his back pack forever. (I did have this

visual picture in my mind). It seemed like a long time before we were done, but we made it. I remember the bus and how much more powerful that was than me. I know he loved me but when the aide got off the bus to help him on and he hugged her and forgot about me I knew he would be all right. Over the months and the years ahead you will need to make many decisions that will affect your child's future. Most will be right and others wrong but remember being a parent means being human and that all the decisions good and bad are done with love.

So with that in mind just think about the lazy days of summer and enjoy those wonderful moments looking at bugs under rocks, laying in sand and water and don't forget the sun block!!!

Julie DeRoner, Family Support Network Coordinator

### Frederick County Infants and Toddlers Program

June 2006

Please mark your calendar for the following days our program schedules will be modified

Tuesday, July 4, 2006 - Independence Day Center closed

Monday, September 4, 2006 - Labor Day Center Closed

Tuesday, September 12, 2006 - Primary Election Center Closed



### From the Program Director, Monica Grant

I am writing this as the school year winds down. For many of us, schedules and priorities change during the summer months. This might be the season for getting up a little later in the morning, planning a family vacation or making appointments for long neglected car repairs and health check-ups. If your schedule is changing and your availability for Infants and Toddlers services will be different, please let us know.

We would like to make sure we are meeting the needs of your family.

Many of our staff will also have schedule changes this summer. By now, you've probably talked with your child's teacher or therapist and you know if that means any adjustment in your schedule. If you aren't sure, just ask. We want to do what works for you.

It is my hope that everyone has a safe, fun and restful summer.

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## Staff Spotlight on Liza Brown, Occupational Therapist

I am thrilled to be the Infants and Toddlers Program's newest occupational therapist, representing the north team. I attended Towson University for my bachelor's degree, and John Hopkins University for my master's degree in special education with dual certification in Pervasive Developmental Disabilities and Severe and Profound Multiply Disabled children. I've been a pediatric therapist for the past nine years working in a variety of settings including the Maryland School for the Blind, a semi-private residential program, John



Hopkins Pediatrics at Home, a program for medically fragile children, and the Harbour School, a program for children with learning disabilities and autism. While I have fond memories of each of those jobs and the children I served, I'm excited to be working and living in the same community!

In my free time, my daughter, who has a visual impairment and learning disabilities, and I enjoy spending time with our extended family and friends, going to the movies, and listening and dancing to music.

## Summer Safety for Infants and Toddlers

### *Babies under 6 months:*

- 1 Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

### *For Young Children:*

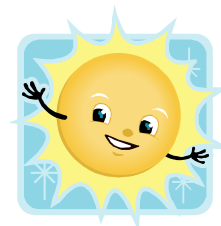
- 2 Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

- 4 Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.
- 5 Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- 6 Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- 7 Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

### **POOL SAFETY**

Source: <http://www.aap.org/family/tippool.htm>

- 1 Never leave children alone in or near the pool, even for a moment.
- 2 Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through the fence.
- 3 Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.



## Activities Around Frederick County

### Summer Concert Series

**Dates:** July 2,9,16,23,30 2006

**Hours:** 7 pm

**Description:** Free outdoor musical performances in the Baker Park Bandshell

**Contact:** 301-694-2489

### Summertime Family Theatre

**Date:** July 22, August 19

**Hours:** 7 pm

**Description:** Free theatrical performance for children and families in Baker Park's bandshell. T performances include Safety First-- a safety program from the Frederick City Police and United Fire Co., and Mother Goose.

**Contact:** 301-694-2489

### Old Time Ice Cream Social

**Date:** August 17,2006

**Hours:** 6-8 pm

**Description:** Ice Cream Sundaes and Root Beer Floats are the fare for this annual summer celebration. With live music, activities for families and children and mementoes of Frederick Counties ice cream heritage. The Old Time Ice Cream is an event for everyone.

**Location:** Historical Society of Frederick County Heritage Garden, 24 E. Church St., Frederick

### Rose Hill Day: Antique Car Show and Ice Cream Social

**Date :** August 20,2006

**Description:** An afternoon of old-fashioned fun in the park featuring a show of 150 plus antique vehicles, and the Children's Museum's ice cream social. Free fun, games and hands-on activities and crafts on the manors' front lawn.

**Location:** Rose Hill Manor, 1611 North Market Street, Frederick

**Contact:** 301-694-2489

### Summerfest Carnival

**Date:** August 26, 2006

**Hours:** 7 pm

**Description:** Summerfest Carnival featuring amusements, pony rides, balloon sculptures, crafts, wandering entertainment and costumed characters, followed by Skip Wizards at 7 pm

**Location:** Baker Park bandshell, 121 Bentz Street Frederick

**Contact:** 301-694-2489

### Movie Night in the Park

**Date:** August 26,2006

**Hours:** 7 pm

**Description:** Bring your blanket, lawn charrs for food and snacks followed by a movie at dark.

**Location:** Middletown Park, Coblantz Road, Middletown

**Contact:** 301-371-6171

## Frederick County Infants and Toddlers Program

### Family Support Group

**Join other families faced with challenges of raising a child with developmental concerns, exchange information, give emotional support, and share coping skills in a supportive environment.**

**Meeting every 2nd Monday of the month**

**From 9:15 –10:45 a.m.**

**Frederick County Developmental Center**

**350 Monetvue Lane, Frederick, MD**

**Childcare will be provided upon request.**

**For more information please call facilitators**

**Angela Simon, MSW,LCSW-C at 301-631-3264**

**or Julie DeRoner, Family Support Network**

**Coordinator at 301-694-1617**

## Learning Opportunities

During the 2006/07 school year two free programs will be offered monthly for parents and caregivers of children with special needs. "Parents Learning Together" will continue to offer educational programs in a supportive environment on the second Wednesday of the month from 7-8:30 pm. On the fourth Wednesday of the month the Mental Health Association will offer a Parent Power Parenting class for parents and caregivers of special needs children. All programs will be offered at the same location.

September 27- Parent Power Parenting Children with Special Needs

October 11- CALM Conflict Resolution

October 25- Parent Power- Parenting Children with Special Needs

November 8- Anxiety in children

November 22- Holiday no class

December 13—ADHD

Other topics through out the year include Behavior, Communication Skills in Autism, Summer Camps, and Family Support. For more information and confirmation of topics and location please call Partners for Success at 240-236-8430, Family Support Network at 301-694-1617, Families Plus at 301-694-9002 or the Mental

Health Association for information on other Parent Power Programs at 301-663-0011.



## Understanding Special Education

On Saturday, September 16, 2006 a Understanding Special Education Workshop will be offered in Spanish. This workshop is designed to offer families and care givers a better understanding of the special education process and how be an active participant in the decision making for their child. The workshop will take place at Rock Creek school from 8:30 am -

11:00. Breakfast will be served at 8:30, Activities begin promptly at 9:15. registration is required. Please call Partners for Success at 240-236-8430, Family Support Network at 301-694-1617, or Families Plus at 301-9002 for further information and registration

**When you think  
you have  
exhausted all  
possibilities,  
remember this**

...

**You haven't**

## When to cancel your child's therapy appointment

- If your child has had a fever of 100 degrees the day prior or the day of your appointment
- If your child has had diarrhea or been vomiting in the last 24 hours
- If your child has a painful sore throat, red , watering or crusty eyes, open skin sores or is in obvious pain
- If your child has been diagnosed with strep throat or pink eye and has not been on antibiotics for at least 24 hours from the first dose
- If you your child has a undiagnosed rash
- If your child has a bad cold or cough , the first 24-48 hours of a cold are the most contagious
- If any other child in your home is not going to school because they are sick or adults are not going to work because they are sick.
- WHEN YOU ARE UNCERTAIN WHETHER TO CANCEL YOUR APPOINTMENT , PLEASE CALL

# Handprint Photo Blossom Craft

## Supplies needed:

- a piece of light colored construction paper (white, pale blue, pale yellow, etc) - for the background
- one piece of brightly colored construction paper- for the flower petals
- a photo of the child
- glue
- green tempera paint
- a brush(or just use your finger)
- pen or pencil



- 1- cut a circle around the head of a picture (for center of flower)
- 2- Cut a flower shape out of colorful construction paper. Make sure that the flower is a bit bigger than the round picture of the child, but small enough so that it will fit on the paper.
- 3- Glue the paper flower towards the top of a piece of paper.
- 4- Using green tempera paint, draw a stem for

your flower.

- 5- Place green paint on child's hands and place near the base of the stem- these will be the flower's leaves.
- 6- Glue the picture of the child to the center of the flower
- 7- Write the child's name (date if you wish on the paper).

This can be used for keepsake or even a card with a special message inside.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
- Maya Angelou

## Attention Families- Fall Groups

The Infants & Toddlers Program will be offering small group programming in the fall! You will receive a flyer in the mail in August/September, which will outline all of the details. These small developmental groups are designed for both parent and child to participate in activities, which enhance overall learning and social skills. If your child could benefit from increased peer interaction, structured play activities, and is receiving services through the Infants & Toddlers Program, these groups could be for you!

## Chocolate Mint Brownies

1 cup sugar  
1/2 cup butter( 1 cube)  
4 eggs  
1 cup flour  
1/2 cup chopped nuts (optional)  
Pour into 9x 13 greased pan.  
Bake at 350 degrees for 30-35 minutes  
Cool

### Mint Layer

2 cups powdered sugar  
few drops green food coloring  
1/2 cup butter  
2 tsp. milk  
1/2 tsp peppermint extract

Mix and spread over brownies, Let set  
Melt 1 cup chocolate chips with 6 Tbs. butter  
Pour over mint layer  
Refrigerate until set and cut into small squares

## Frederick County Infants and Toddlers Program

Family Support Network  
350 Montevue Lane  
Frederick, MD 21702

Phone: 301-694-1617  
Email: jderoner@fredco-md.net



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## Summer Play Group

- What:** Play group to connect families and allow for more social interaction for little ones. Keep the learning alive by heading outdoors into nature's classroom! We'll have short activities exploring the senses: sight, smell, touch, taste, and sound and then enjoy the playground and sandbox!
- Where:** **Ballenger Creek Park**  
5420 Ballenger Creek Pike  
Frederick, MD 21703
- Directions:** US 15 South to US 340 W, exit #5 onto the ramp for MD 351/180 (Ballenger Creek Pike). Go right off the exit onto MD 351 for approximately one mile. Park is on the right just past Ballenger Creek Middle School. **First playground on the left!**
- Dates:**  
July 7, 2006, July 14, 2006, July 21, 2006  
July 28, 2006, August 4, 2006  
August 11, 2006, August 18, 2006
- \*If it is raining, there will be no playgroup**
- Time: 9:30-11am**
- Contact Numbers:**  
**Kim Edmands, BS, Service Coordinator**  
**for South Team 240-629-6617**  
**Alisande Brooks, BA,**  
**Service Coordinator for North Team**  
**301-631-3198**
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